It’s ok to worry about Coronavirus

A resource pack for young people with a learning disability who are worried about Coronavirus
Please feel free to print out your favourite pages

This pack was created by the Early Intervention team in Child and Adolescent Mental Health Service (CAMHS) in NHS Grampian
What this pack is for

This pack is for young people with a learning disability. This pack might help if you are:

- Feeling worried about Coronavirus
- Having to keep away from people who don’t live in your house
- Having to self-isolate by staying in your house

Lots of people feel more worried than usual at this time.

This is very normal.
What is Coronavirus?

Coronavirus is a virus that causes some people to get ill. You may hear some people call it COVID-19.

Coronavirus affects your chest. It is like the flu or a very bad cold.

You might have:

- Like you have a temperature - very hot to the touch
- A new cough or have had lots of coughing in the last day
- Difficulty breathing

Having these does not always mean you have Coronavirus.
There might have been some changes

You will have been asked to help stop the spread of Coronavirus by staying inside your house with your family.

You will have had to stop doing some of the things you enjoy like going to the cinema or going clothes shopping.

You might feel worried about these changes and that is ok.

If you feel this way, you can talk to someone who will help you feel better.
How you can help

You should wash your hands often for at least 20 seconds

Here is a Makaton video about handwashing from Mencap:
https://www.youtube.com/watch?v=5N2JL1G2mzk&feature=youtu.be
Cover your nose and mouth with a tissue when you sneeze. If you don’t have a tissue you can use your elbow.

Cover coughs and sneezes
Use a tissue for coughs and sneezes. Put the tissue in the bin.
Try not to touch your face, mouth or eyes with your hands.
Social distancing

You may have been asked to ‘social distance’. This means you have to stay at least 2 metres away from other people. This reduces the chance of Coronavirus spreading.

What does 2 metres look like?
If you are out shopping, 2 metres is the same as two trollies.
If you are outside, 2 meters is the same as two park benches.
Changes at school

Your school might be closed. This is to help children and teachers stay healthy.

This might mean your usual timetable has changed.

This might make you feel more worried than usual.

Some people find making a schedule like the one you’d have at school helps them feel better.

Why not try making your own schedule using the template on the next page?
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<tr>
<th>Sunday</th>
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<th>Wednesday</th>
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<th>Monday</th>
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</table>
Here are some suggestions for your timetable

- Drawing
- Toilet
- Math
- Screen time
- Wash hands
- Reading
- Breakfast
- Lunch
- Yoga
- Art
- Chill zone
- Bath time
- Dinner
- Snack
- Sleep
- Study

Fill in your own below!
Learning at home

Your school may be using websites or apps like Google Classroom for learning while you are at home.

If you are using Google Classroom, there are lots of tools to support your learning.

For example **screen reader** lets you hear the text on screen spoken out loud.

Google Chrome has some accessibility tools to support learning at home. You can see these below

[https://www.blog.google/outreach-initiatives/education/chromebook-accessibility-covid19/](https://www.blog.google/outreach-initiatives/education/chromebook-accessibility-covid19/)
Noticing worries

Sometimes you might feel worried but not know why. You can try keeping track of how you feel using the table below. This can help you to spot parts of the day where you might need a bit more support.

<table>
<thead>
<tr>
<th>No. of worries</th>
<th>1</th>
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<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>Mostly Worried</th>
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<td>Getting dressed</td>
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<td>Eating breakfast</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Washing dishes</td>
</tr>
</tbody>
</table>

Example:
- Getting dressed
- Eating breakfast
- Washing dishes

Day:
Tips for managing worries during Coronavirus

Continue to do what makes you feel positive and happy at home.

Focus on activities that use muscles and get you moving.

Get fresh air when you can. Walks and runs are still ok as long as you keep your distance from others.

Limit the time you spend reading or watching news stories.

Try to get enough sleep. This will help you feel more rested and relaxed.

Try to avoid conversations about Coronavirus just before bed.

Eat and drink enough food and water to improve your mood.
Keeping in touch

You might be missing seeing your friends and family. Seeing other people is important and helps us feel more connected to each other.

Here are some things you can do to keep in touch:

You can use things like Skype, phone, Microsoft Teams, Facetime or Zoom to stay in touch with friends and family.

You can send cards or photos in the post to loved ones.
**Family and Friends**

Can you list the things you miss most about your friends and family in the space below?
You can show you them you are thinking about them by writing a letter or drawing a picture for them.

**Worry tokens**

If you do find yourself worrying a lot of the time, it might be helpful to use **worry tokens**.

When you’re feeling worried you can give your worry token to a trusted adult to let them know how you feel. They can talk about your worry or help you solve your problem.

Adults may not always have the answer when you ask. They will do their best to help you with what you’re worried about.
Keeping calm during Coronavirus

If you are feeling worried, these activities might help you keep calm:

**Hand breathing**

X5 Repeat this for each finger

Breathe out through your mouth as you run your finger back down your thumb

Breathe in through your nose as you run your finger up your thumb

Start here!

Here is a video if you need help:
https://www.youtube.com/watch?v=DsgOW879jjA&feature=youtu.be
**Bubble breathing**

You can use bubbles to practice calm breathing.

Take a big slow breath in through your mouth.

Now slowly breathe out. Make sure you are blowing the bubbles really slowly or they will pop!
Bubble breathing works best if you practice

Practice your bubble breathing over the next week. Mark off each time you practice and how big your bubbles were!

<table>
<thead>
<tr>
<th>Day</th>
<th>Bubble breathing</th>
<th>How big were your bubbles?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td></td>
<td>Rate them out of 10 if you like!</td>
</tr>
<tr>
<td>Monday</td>
<td>★★★</td>
<td>Example</td>
</tr>
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<td>Really big! 8/10</td>
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<td>Sunday</td>
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</table>
5 senses

If you are feeling worried, you can use your five senses to calm your body down.

What are 5 things you can see?

What are 4 things you can feel?

What are 3 things you can hear?

What are 2 things you can smell?

What is 1 thing you can taste?
Fun activities using your body

You can use your body to calm yourself down. Try the activities below with a trusted adult from your home.

Try bear hugs! Ask an adult from your home to wrap their arms around you like a bear.

Push a wheelbarrow around your garden.

Pull a wagon of toys around your living room.

Play row row row your boat sitting opposite someone. Gently pull and push against their hands and feet.

Stand on a trampoline or sit on a therapy ball and bounce as high as you can. You can count or sing a song while you do this to make it more difficult!
Play musical statues using your favourite music. Move slowly to slow music or quickly to fast music.

Try animal walking. Choose an animal and walk like it. Waddle like a duck, slither like a snake, hop like a frog, crawl like a crab, flap like a bird.

Become a hotdog! Ask an adult in your home to wrap you up in a blanket or soft yoga mat like a hotdog (make sure to keep your head free). If you like this, you can ask an adult to ‘steamroll’ you with a therapy ball.
A worry buster wheel

Sometimes when we feel worried we can get overwhelmed and forget all of our coping strategies.

You can use the worry buster wheel below to choose one quickly if you are feeling overwhelmed.

- Talk to an adult
- Do some painting
- Blow some bubbles
- Do some reading
- Take some deep breathes
- Squeeze a pillow
- Do some exercise
- 5 senses
You can fill in your own below:

To make this wheel spin you need to cut around dotted lines and put a paper fastener through the arrow and middle of the circle.

Ask an adult to help!
Rainbows

Lots of windows have got rainbows in them. This is to cheer up people that might be feeling sad.

When you go outside you can look for rainbows in your street or put one up in your window.
Additional resources

This is a hard time for everyone. There are lots of resources to help you while we’re at home.

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Alert cards

NHS Grampian have produced alert cards for individuals with autism and/or a learning disability and their carers. These can be shown to the police or members of the public if you are approached when you are out.

The alert cards highlight the Scottish Government guidance from May 2020 that it is ok for individuals and their carers to go out more than once a day and outwith their local area if needed.

Please note that these cards must be printed and signed by a health or social work professional. Please contact your GP for more information.

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NHS Grampian CAMHS

NHS Grampian CAMHS have developed other resource packs for helping children and young people manage anxious feelings about COVID-19.

We also have a podcast series of 'top tips', recorded by our very own staff, to make managing stress in tough times just that little bit easier.

Please note these are not learning disability or COVID-19 specific.

You can access both these resources on our website:

https://www.camhsgrampian.org/
Coronavirus – Easy read guides and videos


- Beyond Words have created a wordless story about beating the virus: https://booksbeyondwords.co.uk/downloads-shop/beating-the-virus

- Easy read information on Coronavirus: https://www.scld.org.uk/wp-content/uploads/2020/03/Section-1-Overview-.pdf

- The Down’s Syndrome Associations guide to Coronavirus: https://www.downs-syndrome.org.uk/download-package/coronavirus-what-is-it-how-to-stay-safe-easy-read/

- Handwashing guide from the NHS: https://www.youtube.com/watch?time_continue=1&v=aGJNspLRdrc&feature=emb_logo

- Supporting neurodiverse children in challenging times such as during self-isolation: https://www.youtube.com/watch?v=dXPtqmHKNoE&feature=youtu.be

Learning at home – Younger children

- The sensory project has created a list of educational resources: http://www.thesensoryprojects.co.uk/covid19-resources

- A range of apps for pupils with Profound and Multiple Learning Difficulties (PMLD) or Severe Learning Difficulties (SLD): https://www.sensoryapphouse.com/
• ITV has produced some animated children's stories performed in sign language: 
  https://www.signedstories.com/

• Take virtual tour with National Geographic on YouTube: 
  https://www.asdan.org.uk/resources/free-resources

• The ‘sensory stuck at home’ facebook page is filled with great ideas to support sensory play for those stuck at home: 
  https://www.facebook.com/groups/sensorystuckathome

Learning at home – Older children

• List of education companies offering free subscriptions: 
  https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/

• The Down’s Syndrome Associations guide to learning at home: 

• The Department of Education has created a list of online education resources for home education: 

Keeping fit at home

• The Down’s Syndrome Association guide to keeping fit at home: 

• P.E. with Joe Wicks (Youtube): 
  https://www.youtube.com/watch?v=qGKGNzNbWjU
• The Fit Kit team from Affinity Trust have created a 10 minute work out for people with learning disabilities: https://www.youtube.com/watch?v=xXtBMJz0BvI

• Diverse Dance Mix are running daily dance sessions that you can join from home: https://www.facebook.com/diversedancemix

• Being Active - An everyday guide for people living with an impairment or health condition: https://www.disabilityrightsuk.org/sites/default/files/pdf/BeingActive.pdf

• Bubblebee physio has created some exercise videos for children and young people in wheelchairs: https://www.facebook.com/pg/bumblebeephysio/posts/?ref=page_internal

Social Stories

• Dave the dog Social Story: https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/

• Elsa Support ‘school is closing’ Social Story: https://www.elsa-support.co.uk/wp-content/uploads/2020/03/School-is-closing.pdf

• COVID-19 Makaton resources: https://www.makaton.org/shop/shopping/freeDownloadDetails/Coronavirus-information

Trustworthy websites for information

The following sites are regularly updated with reliable information:


• The NHS COVID-19 page: https://www.nhsinform.scot/coronavirus
• The World Health Organisation COVID-19 page: [https://www.who.int/emergencies/diseases/novelcoronavirus-2019](https://www.who.int/emergencies/diseases/novelcoronavirus-2019)

• WHO Coping with stress during the COVID-19 outbreak: [https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)
If you feel your worries are getting bigger, you or a trusted adult can contact:

Samaritans: 116 123  
www.samaritans.org

Breathing Space: 0800 83 85 87  
https://breathingspace.scot/

NHS 24: 111  
https://www.nhs24.scot/

Your local GP